

SUGAR AND SPICE

Girls Are Made of Glamour Nutrients

What are little girls made of? It's not all sugar and spice. The more glamorous teenagers are also made of calcium, phosphorus and vitamins galore — all to be found in a quart of milk a day and generous servings of fruit and vegetables.

Home economists and nutritionists of the Dairy Council of California emphasize constantly the "glamour four": protein, calcium, vitamin A and vitamin C.

Eat for Beauty

Girls increasingly realize that they CAN eat for beauty; that adequate calcium and phosphorus build strong bones and teeth; that protein is essential to growth and maintenance.

They know, too that certain vitamins encourage health of skin, hair, nails, tooth enamel, gums, eyes and even the respiratory and digestive tracts.

All these and other qualities desired by every female are found in the recommended quart of milk a day.

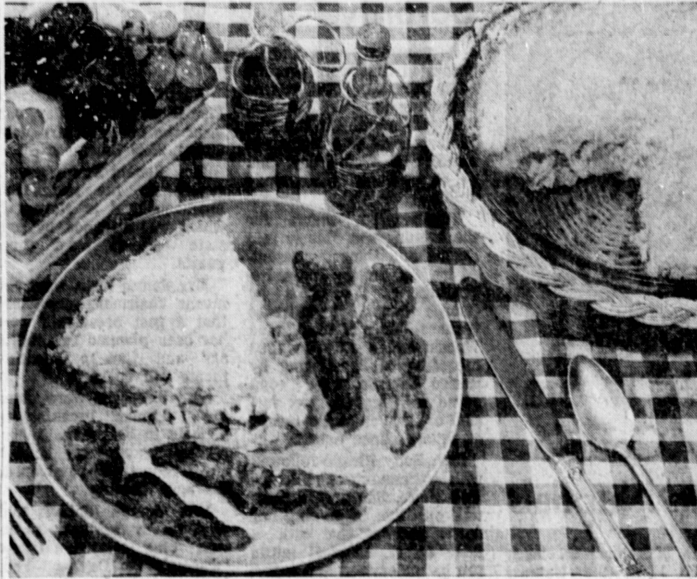
Eat It Too

It isn't necessary to drink all that milk. Some of it may well go into cream soups, creamed vegetables, puddings, custards and countless other menu items.

It counts on cereals, too. Cottage cheese, cheddar cheese and all the other cheese varieties provide the same fine mild nutrients in variable quantities.

Ice cream and sherbet are nutrition packed. So are buttermilk, yogurt, sour cream and all the other creams that add to eating pleasure.

A single grapevine developed by William Thompson is the parent of all Thompson seedless grapes now produced in California.



A GOLDEN FILLING in a delicious crust of cracker crumbs describes this hearty entree. A sharp cheese, gently flavored with curry, together with rice and onions give the custard mixture a zip to please appetites all 'round.

Serve Tongue Hot or Cold With Sauce

Served hot with a sweet raisin sauce or cold for sandwiches, spicy, pickled beef tongue makes delicious eating.

Preparation isn't difficult. There is a 24 hour marination period. Slow cooking is the other requirement.

PICKLED TONGUE

- 1 beef tongue
- Vinegar
- Water
- 1 lemon, sliced
- 2 onions, sliced
- 6 whole cloves
- 6 whole peppercorns
- 1 stick cinnamon
- 1½ tsp. salt
- ½ cup brown sugar
- ½ cup raisins
- ¼ cup flour

Cover tongue with equal parts of vinegar and water. Add lemon, onions, cloves, peppercorns, cinnamon and salt. Cover and let stand in refrigerator for 24 hours. Remove lemon slices. Cover

kettle tightly and SIMMER, brown sugar and raisins and cook 10 minutes.

Mix flour with small amount of water and add to liquid. Cook, stirring constantly until thickened. Add tongue slices and heat through.

Remove skin and slice while warm. Strain liquid from tongue, reserving liquid. To 4 cups of this liquid add

Cheese-Onion Pie Is Hearty Winter Fare

The idea for this dish came from the dish Quiche Lorraine. Serve it for lunch or with bacon slices for a dinner main dish.

This recipe calls for a curry-flavored sharp cheese and custard mixture baked in a crumb crust—a cracker crust.

This crust excites you from making pastry. A layer of cooked onion rings is spread over the crust and the quickly made filling comes next.

Slow baking is the secret of success for this entree.

CHEESE-ONION PIE

- 1½ cups water
- 1 tsp. salt
- ¾ cup uncooked white rice
- ¼ tsp. curry powder
- ½ cup melted butter
- 1½ cups cracker crumbs
- 3 tbs. butter
- 2 cups thinly sliced onions
- 1 cup milk
- 2 eggs, beaten
- 1½ cups grated sharp cheese
- 1 tsp. salt
- ¼ tsp. curry powder
- ¼ tsp. black pepper

Put water, 1 tsp. salt and rice in 2-qt. saucepan. Bring to vigorous boil. Cover and simmer for 14 min. Remove from heat and leave lid on until ready to use—at least 10 min.

Add ¼ tsp. curry powder to ½ cup melted butter. Pour over and through the cracker crumbs, mixing well. Press over bottom and sides of greased deep 10-inch round pie plate, holding about 6 cups.

Melt 3 tbs. butter in saucepan. Add onions and cook slowly until tender and slightly yellow. Spread over bottom of pie plate.

After rice is cooked, stir in milk, eggs, cheese, 1 tsp. salt, curry powder and black pepper. Mix well and pour over onions.

Bake in preheated oven at 325 degrees for 45 minutes or until knife inserted in center comes out clean. Allow to stand several minutes before cutting into wedges.

Oops... Too Sweet!

Last week's recipe for Whipped Butter to be served on French toast contained an error. The amount of sugar was incorrect. We republish the recipe in corrected form.

WHIPPED BUTTER

- ¼ lb. butter
- ½ cup plus 8 tsp. sugar
- 6 blanched almonds, finely chopped
- 3 macaroons, dried and chopped
- Grated peel of 1 orange
- ½ oz. brandy or Cointreau
- Cream butter add sugar; add remaining ingredients in order listed and blend to smooth paste.

Put slices of sponge cake together with ice cream, sandwich-wise. Wrap individually, freeze and store. Serve with sundae sauce.



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And the fruit filling is out of this world. Exciting, thrilling in flavor!

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TWINKIES And SNO-BALLS

IN A SHELL

Pears Join Raisins for Favored Dessert

Because of severe weather conditions in areas where fruits are unharvested, supplies and prices are juggling.

This is not so of fruits coming out of storage — apples, bananas and pears. They are essentially stable, are of fine quality and in ample amounts.

Autumn brings in the bounty of the harvest of pears from Pacific Coast states. They are carefully protected in storage so that we may have their goodness for a long season.

PEARS ARE VERSATILE

Pears are so versatile that they may be used for every meal of the day and they fit into every course of the meal from fruit cup to dessert.

As for dessert, never underestimate the power of a pie and pear pie, fragrant with spice and rich in juice is any family's favorite.

Add to this the sweetness

of honey and pure cream and the result is one of the best pies of the season.

PEAR 'N RAISIN PIE

- 2 fresh pears
- 1 cup raisins
- ½ cup honey
- ½ cup table cream
- 2 tsp. grated orange rind
- ¼ cup flour

Ground nutmeg
Pastry for 1 crust,
9-inch pie

Line pie plate with pastry. Place raisins in bottom. Pare, core and thinly slice pears lengthwise. Arrange in circle on top of raisins.

Combine honey, cream, orange rind and flour. Pour over top of fruit. Sprinkle with nutmeg.

Bake at 425 degrees 40 to 50 minutes, until pears are tender. Serve each piece with baked pastry cut-outs of pears.

Variety Meat Rates High In Nutrition

It is common knowledge that liver is one of the most nutritious foods. Serve this variety meat often.

And serve it in a variety of ways. Liver and Bacon Fromage sets a change of pace for family enjoyment of this food of top value.

LIVER AND BACON FROMAGE

- 4 slices bacon
- 1 lb. beef liver, sliced
½-inch thick
- 3 tbs. flour
- ½ tsp. salt
- ¼ tsp. garlic salt
- ¼ tsp. pepper
- ¼ cup grated American cheese

Cook bacon until crisp. Remove from frying pan and drain on absorbent paper. Break into small pieces.

Combine flour, salt, garlic salt and pepper and dredge liver in this mixture. Sprinkle any remaining flour over liver.

Brown slowly on both sides in bacon drippings or shortening of choice. Sprinkle grated cheese and bacon pieces on liver. When cheese is slightly melted, remove liver to hot platter and serve immediately.



Potatoes, which are being featured in a special promotion in many western markets, are the big item in the United States Department of Agriculture's Plentiful Foods list for February.

This listing which is designed to help increase the movement of foods that are in abundant supply also includes: Apples, Grapefruit, Frozen and Canned Cherries, Lamb and Turkeys.

Also listed are Eggs, Honey, Pecans and Dry Beans.

Supplies Heavy
Supplies of potatoes from the large fall crop are about 16% more than a year ago and storage holdings of apples are also 16% above last.

Turkey, available to consumers here the year around, is being featured in many markets. Storage holdings are at a record level.

Lamb, now moving to market in volume, is in especially good supply in western markets.

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